

KINESIOLOGY

Associate Degree

Kinesiology - Associate in Arts for Transfer

KINS 008A Pickleball Beginning 1 Unit

Pickleball is a simple paddle game played using a special slow moving ball over a tennis-type net on a badminton-sized court. Students will develop introductory Pickleball skills and learn the rules and basic tactics of the game. Students will practice and play in matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Recommended: Cleared by a physician for physical activity
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 008B Pickleball Intermediate 1 Unit

This course is an intermediate level class in Pickleball. Ground strokes and serves will be refined. Overhead smashes and poaching shots will be introduced. Tactics for the experienced player will be developed around personal strengths.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Recommended: Cleared by a physician for physical activity
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 008C Pickleball Advanced 1 Unit

This course will provide instruction in Pickleball at the advanced level including tactics in poaching, varying the service, anticipating shots and adjusting tactics in singles and doubles play. Students will play competitive matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Recommended: Cleared by a physician for physical activity
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 009A Badminton, Beginning 1 Unit

Students develop badminton skills and tactics for the beginner. They will also develop and improve shots and tactics in competitive play in both singles and doubles matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 009B Badminton Intermediate 1 Unit

Students will learn necessary skills for performing in badminton at the intermediate level including developing effective short, drive and long serves. Shots developed include backcourt clears, drops, smashes, and blocks. Students will refine their ability to apply tactics in doubles, mixed and singles play. Competitive games will be played regularly.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Recommended: KINS 009A or equivalent
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 009C Badminton Advanced 1 Unit

Students will learn necessary skills for performing in badminton at the advanced level including footwork and court positioning, reading the opponents' strengths and weaknesses and adjusting tactics, developing greater power with control in all shots. Students will learn techniques for improved quickness and shot anticipation. Competitive matches are played regularly.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Recommended: Completion of KINS 009B or equivalent
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 009D Badminton Tournament Play 1 Unit

Students will learn necessary skills and strategies for performing in badminton tournaments. Tournament preparation for playing extended matches, maintaining readiness between games, team and tournament scoring, effective team communication, rest and nutrition.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
Recommended: Completion of KINS 009B or equivalent
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 012A Beginning Basketball 1 Unit

This course is designed to introduce the basic skills, techniques and rules of basketball. This is an excellent class for the student who took basketball in junior high/high school, but has not played the game for several years.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

KINS 012B Intermediate Basketball 1 Unit

Students learn intermediate basketball skills such as passing, shooting different shots, and dribbling. Team play includes some introduction to 2-3 zone defense and person to person defense, and strategies of team play. Students will also learn team unity and respect.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Previous experience playing basketball
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 012C Advanced Basketball 1 Unit

Advanced basketball is designed for the competitive player having a high level of experience in basketball. This course will prepare students for participation in tournament play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Previous experience playing basketball
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 012D Basketball Tournament Play 1 Unit

Students will learn necessary skills and strategies for performing in basketball tournaments or club play. Tournament preparation for playing extended matches, maintaining readiness between games, team and tournament scoring, effective team communication, and strategies will be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Recommended: Skills demonstration on the first day of class
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 021 Step Aerobics 1 Unit

This course is an introduction to step aerobics. Students will learn techniques and choreography related to step aerobics, as well as the four health-related components of fitness: cardiorespiratory, flexibility, muscular strength and endurance, and body composition.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 022 Ultimate Fitness 1 Unit

This course teaches the principles and concepts of cardiovascular fitness through activity in step training, aerobics with music, kickboxing, jogging and walking and use of variety aerobics exercise machines. Body mechanics, safe exercise parameters, tracking fitness levels and utilization of supplemental exercise apparatus will be accentuated.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Cleared by a physician for physical activity
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 023 Cardio Kickboxing 1 Unit

Students are introduced to the dynamic kickboxing techniques which provide conditioning for both the aerobic and anaerobic systems. The freestyle interval format combines boxing and kicking drills specific to martial arts and kickboxing style movements integrating the mind/body elements of attitude, readiness, visualization, reaction and fun. Safe exercise parameters, tracking fitness levels and utilization of supplemental exercise materials will be emphasized. Fundamental exercise physiology, nutrition and wellness concepts related to cardiovascular exercise and individual variations due to age, gender, and/or genetics will be taught.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Cleared by a physician for physical activity
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 025 First Aid, CPR & AED 3 Units

This course introduces students to emergency first aid procedures, CPR, and AED. The course is designed to prepare students to make appropriate decisions regarding first aid care and how to provide care for injuries or sudden illness until professional medical help arrives. Upon completion of this course, students will be eligible to take the exam for certification in First Aid, CPR, and AED. (C-ID KIN 101)

Lecture Hours: 1.5 Lab Hours: 4.5 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: None IGETC: None District GE: None
 Credit by Exam: Yes

KINS 031 Lifetime Physical Fitness and Wellness 3 Units

This course presents an overview of the concepts of physical fitness, training principles, appropriate exercise, and health practices with application to lifelong health and exercise benefits. It includes lecture, laboratory, exercise and physical fitness tests.

Lecture Hours: 2 Lab Hours: 3 Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 033 Introduction to Kinesiology and Physical Education 3 Units

This course will explore the broad spectrum of Kinesiology and Physical Education as an academic discipline and the required preparation and training for occupations involved with human movement, education, biomechanics, philosophy, allied health, fitness, recreation, coaching, and wellness. This course is an in-depth overview of current issues in Kinesiology and Physical Education. (C-ID KIN 100)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 034 Fit Camp 1 Unit

This course provides functional group training activities that develop core strength, cardiovascular conditioning, muscular strength and power through the use of indoor and outdoor circuit training.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 037 Futsal 1 Unit

This is an indoor physical activity class that is similar to soccer and played on a hard surface. Students will learn the rules of the game and introductory Futsal skills of dribbling, receiving, passing and shooting in order to play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 037B Intermediate, Futsal 1 Unit

This course is intended for students who possess intermediate Futsal skills.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 037C Advanced, Futsal 1 Unit

This course will provide instruction of skills and strategy of Futsal for advanced students.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Recommended: Intermediate level experience
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 038A Soccer, Beginning 1 Unit

The student will learn the terminology, rules, game etiquette, basic ball control skills, offensive and defensive formations, player positions and basic tactics in soccer.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 038B Soccer, Intermediate 1 Unit

This course is intended for students who passed the beginning course or possess intermediate soccer skills. It is designed to enhance soccer skills in a smaller field space at a faster response time.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: KINS 038A or previous soccer experience
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 038C Soccer, Advanced 1 Unit

The course will provide instruction of skills and strategy of soccer for advanced students.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 039A Hatha Yoga 1 Unit

Hatha Yoga focuses on understanding and controlling the body, breath, and mind through postures or positions and breathing. The techniques are designed to increase range of motion, strength and endurance, balance, and coordination. Methods for relieving stress, and the promotion of relaxation and meditation will be taught.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 039B Hatha Yoga Intermediate 1 Unit

This course is an intermediate level Hatha Yoga class. This course offers new and more in-depth yoga postures will be introduced. Different types of breath work will be introduced as well as essential stress reduction techniques.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Previous experience in yoga
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 039C Mindfulness Fitness 1 Unit

This class introduces a blending of two areas of exercise: fitness walking and hatha yoga. Students will increase awareness of their walking mechanics with different types of indoor and outdoor walking programs. Students will learn control and understand the body and mind connection through exercises and breathing techniques.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 043 Pilates Mat Workout 1 Unit

Pilates is a low-impact exercise that aims at improving core muscle strength while improving posture, flexibility, and mobility. Pilates moves through controlled movement patterns and breath control.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 047A Tennis, Beginning 1 Unit

This course is designed for individuals having very little or no tennis playing experience. The course includes an introduction to basic ground strokes, serves and volleys, playing rules and beginning level tactics. Students will participate in modified games appropriate to development as well as formal singles and doubles matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 047B Tennis, Intermediate 1 Unit

This course is designed for individuals having some tennis playing experience. Course content includes continued development of forehand and backhand ground strokes, service, net play, smashes and lobs. Offensive and defensive tactics will be introduced for singles and doubles play. Students will participate in frequent matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Must have some tennis playing experience
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 047C Tennis, Advanced 1 Unit

This course is designed for individuals having competitive tennis playing experience. Course content includes physical conditioning for competitive play, continued development of power and control in all ground strokes and serves, advanced level offensive and defensive tactics, mental preparation for greater success, and performing under pressure. Students will engage in frequent tournaments in competitive singles and doubles play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Should have competitive tennis playing experience
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 051A Table Tennis Beginning 1 Unit

Students will learn rules, etiquette and basic skills regarding Table Tennis. Serve, forehand, backhand and loops will be introduced. Body position and readiness necessary to develop faster play will be practiced. Students will develop game playing skills during class practice with singles and doubles.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 051B Table Tennis Intermediate 1 Unit

Further development of table tennis skills including pendulum forehand and sidespin backhand serves, forehand and backhand loops with technique to maximize spin generation. Improved set-up, blade angle, body position and follow through to generate more effective blocks, chops, and smashes. Tactics against spinners and power hitters will be introduced. Students participate in competitive matches in singles and doubles play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: KINS 051A
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 051C Table Tennis Advanced 1 Unit

Table tennis skills, tactics and footwork for the advanced player. Mental training for shot anticipation, recovery positioning and return hitting zone is introduced. Service variety and tactics against attackers and defenders, loop shots against the push and block, counter-loops, counter-spin shots, and flick shots will be taught. Students perform regularly in competitive singles and doubles matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: KINS 051B
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 052A Beginning Volleyball 1 Unit

This course is designed to introduce the basic fundamentals of volleyball. Students will learn the rules, strategies and proper etiquette as well as an appreciation for a lifetime activity.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 052B Intermediate Volleyball 1 Unit

This course is designed to introduce the intermediate level skills, techniques, and rules of volleyball. Emphasis will be placed on refining fundamental skills and strategies, as well as an appreciation that volleyball is a lifetime activity.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Recommended: Complete the beginning volleyball course or have the necessary skills
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 052C Advanced Volleyball 1 Unit

This course is designed for students that are able to play volleyball at an advanced level, with the ability to perform advanced techniques, demonstrate ideal body positioning during advanced play, and to understand and apply the written and unwritten rules of play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Prerequisite: KINS 052B with C or better
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 052D Volleyball Tournament Play 1 Unit

Students will learn necessary skills and strategies for performing in volleyball tournaments or club play. Tournament preparation for playing extended matches, maintaining readiness between games, team and tournament scoring, effective team communication, and strategies will be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Recommended: Completion of KINS 052C or equivalent (student background playing experience)
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 053A Walk/Jog Beginning 1 Unit

This entry level course will introduce techniques for improving cardiovascular fitness, strength, flexibility and weight management through the activity of walking and jogging. The class is designed for individuals having little or no previous experience in walking or jogging programs. Principles for improved health practices and healthy weight management will be covered. Throughout the class students will progress to more challenging routes as physical fitness improves.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Recommended: Cleared by a physician for physical activity
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 053B Jogging for Fitness 1 Unit

This course provides information on preparation, training principles and suggested programs to follow for jogging for fitness. It also includes techniques to improve and progress to a higher level of aerobic capacity, as well as focus on the benefits of strength and flexibility programs related to jogging.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 053C Jogging for Fitness Intermediate 1 Unit

This course is designed to build upon and improve basic jogging skills, further improve cardiovascular endurance, build stamina important in performing everyday activities, and improve overall health.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Recommended: Current jogging experience
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 054 Indoor Cycling 1 Unit

Indoor cycling is a group exercise class performed on stationary bikes. This course provides students with the opportunity to gain muscular strength and cardiovascular endurance. During the class, the instructor simulates real cycling conditions with workouts designed to improve aerobic and anaerobic fitness.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 055 Aerobics With Music 1 Unit

This course teaches high and low impact rhythmic exercise routines to music. It is designed to attain improvements in cardiovascular fitness, core strength, and flexibility.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 056A Weight Training Beginning 1 Unit

This is a physical activity course designed to teach students how to use progressive weight resistance exercises to develop muscular strength and endurance while using both free weights and weight machines.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 056B Weight Training Intermediate 1 Unit

This is a physical activity course designed for students having some previous experience in weight training basics. Students will learn to utilize progressive training techniques including super-sets, pyramids, negatives and giant sets in their regular workouts. Personalized exercise routines will be established targeting specific training outcomes including adding muscle mass and/or decreasing body fat.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 056C Weight Training Advanced 1 Unit

This is a physical activity course designed for students having a solid understanding of basic training techniques and strength programs. Students will learn techniques for bodybuilding and improving strength and speed in athletic competition.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 058 Introduction to Athletic Injuries 3 Units

This course is an introduction to sports related injuries focusing on basic anatomy and the treatment, recognition, and evaluation protocols.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: None IGETC: None District GE: None

KINS 060L Fitness Center Laboratory 0.5 Units

This course is mandatory for all students wanting to use the fitness center to be able to identify, demonstrate, choose, and design a workout plan that includes cardio fitness, strength and flexibility. Safe use of equipment will also be covered.

Lecture Hours: None Lab Hours: 1.5 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 070A Fitness Walking for Beginners 1 Unit

This course is designed to teach fitness walking. The student will learn fitness walking techniques, fitness walking exercise principles, and different fitness walking training programs. Students will participate in fitness walking throughout the semester and learn fitness walking measurement and evaluation techniques. This class is intended for walkers of any age, fitness level, and skill level.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O
 Advisory Level: Read: 3 Write: 3 Math: None
 Transfer Status: CSU/UC Degree Applicable: AA/AS
 CSU GE: E IGETC: None District GE: E

KINS 500 EVC Wellness Fitness Center 0 Units

Drop-in access to the EVC Fitness Center. An orientation to the facility may be required prior to first use.

Lecture Hours: None Lab Hours: 3 Repeatable: Yes Grading: N
 Open Curriculum: No prerequisite, corequisite or levels
 Transfer Status: None Degree Applicable: NC
 CSU GE: None IGETC: None District GE: None